

# ***Sun Protection***

## ***Questions and Facts for Soldiers***

### **Why should I protect myself from the sun?**



Sunburn is the most common injury. In snow-covered areas, soldiers risk sunburn and “snowblindness,” a brief painful swelling of the eye. High lifetime sun exposure increases the risk for skin cancer and cataract blindness.

**One American dies every hour from skin cancer.**

### **How do I protect my skin?**

Seek shade, and use your uniform to cover your arms and legs. Wide-brimmed hats can protect the head and neck, or use sunscreens with high Sun Protection Factors (SPF's) and ideally reapply every couple of hours.



### **How do I protect my eyes?**

Sunglasses with wraparound design work well, protecting at the front and side. Wide-brimmed hats can also be used. Use goggles in snow-covered areas.

### **When should I protect myself?**

Roughly midday, from 10 am to 4 pm. Use the rule “Short Shadow? Seek Shade!” Sensitive-skinned individuals get a light sunburn in about 35 minutes when their shadow is as long as their height, but need over 90 minutes when their shadow is twice as long.

#### **The Shadow Rule for UV Protection**

Short Shadow, shorter than your height = High UV

Long Shadow, longer than your height = Low UV



*See medical personnel if you have questions about sun injuries.*